



Help Along the Way to Better Health

**Great
Expectations®**
for health

Ready to get on track with your health, but not sure where to start? You don't have to figure it out on your own. Your health plan includes our free Great Expectations *for health* programs that can help.

What do we offer?

You've decided it's time to make improvements in your health — kick a bad habit, exercise more or switch up your diet. Or maybe you have a chronic health condition and need advice about how to deal with it. Whether you prefer contacting a care manager by phone or using a digital, self-service option, we've got you covered!

Behavioral and chronic disease programs:

- Adult attention-deficit hyperactivity disorder (ADHD)
- Anxiety management
- Asthma (adults and children)
- Bipolar disorder
- Heart disease
- Heart failure
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Diabetes (adults and children)
- High blood pressure
- High cholesterol
- Healthy lifestyles (metabolic syndrome and prediabetes)
- Migraine
- Moms support program
- Recovery support for substance use disorder

Wellness and healthy lifestyle programs:

- Back care
- Healthy and Active Kids and Teens (childhood obesity)
- Maternity (pregnancy and postpartum care)
- Stress management
- Tobacco cessation
- Weight management (adults and children)

Connect with an app

We offer care management by phone for those with more significant needs. If you're simply looking to make a few lifestyle changes, our My Health PlannerSM app offers convenient, self-guided programs on a variety of topics. The My Health Planner app is available at no cost.

Through the app, you can get:

- Advice on topics like weight loss, smoking cessation, nutrition and depression.
- Daily reminders to help you stay on top of medications, appointments and exercise.
- Access to a library of articles, videos and other health resources.

Ready to become a healthier you?

To learn more and download resources, log in to My Health Toolkit[®], select the **Health and Wellness** tab and then select **Health Coaching**. To enroll, call us at 855-838-5897.



Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.